

# Northwest Pool

## 2017 Fall Schedule

2925 Apollo Way • 334-2203

Indoor 25 yard pool featuring 8 lanes and an instructional pool

This Schedule reflects the July 1st fee changes.

Public Swim			
Program	Times	Days	Fee
Open Swim	12:00 pm - 4:00 pm	Sunday	\$5.50 Adult, \$3.50 Youth, \$2.50 Child/Senior, Passes Available
Lap Swim	7:00 am - 8:45 am	Monday - Friday	
	11:30 am - 3:45 pm (4 Lanes 11:30-12:30 & 3:00-3:45)		
	12:00 pm - 4:00 pm	Sunday	
Swim Lessons and Programs			
Program	Times	Days	Fee
Water Fitness	9:00 am - 10:00 am 11:30 am - 12:30 pm	Mon, Wed, Fri & Tue, Thu	\$6 Adult, \$5 Senior Session Pricing Available
Water Babies	12:00 pm - 12:30 pm 5:00 pm - 5:30 pm	Saturday Tuesday	Visit <a href="http://reno.gov/parksandrec">reno.gov/parksandrec</a> for session scheduling, pricing, and to enroll online
Tiny Tots	4:00 pm - 4:30 pm 12:45 pm - 1:15 pm	Mon, Wed, Fri Saturday	
	Learn to Swim	3:00 pm - 3:45 pm 1:30 pm - 2:15 pm	
Private Lesson		Child Adult	
	Private Group Lesson	Child Adult	\$36.50 per half hour \$40 per half hour
Private Pool Rental		\$70 per hour	

**This schedule runs September 5 through October 16**

Please visit [reno.gov/parksandrec](http://reno.gov/parksandrec) for more information and for expected closures.

This Schedule reflects the July 1st fee changes.

## Northwest Pool 2017 Fall Lessons / Water Fitness Schedule

This Schedule Includes the July 1 Fee Changes

### Learn to Swim

Students will be introduced to the fundamentals and techniques of the front and back crawl, unsupported movement, under water exploration, compact diving and stroke development. Advanced students will refine the strokes and skills presented in previous lessons. This course is broken out into six levels of progressive instruction, and is geared for students 6 years and up, with a 10 student per instructor ratio.

Course	Time	Course	Session Price
<b><i>Monday, Wednesday, Friday</i></b>			
September 11 - 22	3:00 pm - 3:45 pm	12101	\$58.50
September 25 - October 6	3:00 pm - 3:45 pm	12102	\$58.50
<b><i>Saturday</i></b>			
September 9 - 30	1:30 pm - 2:15 pm	12106	\$39.00
October 7 - 28	1:30 pm - 2:15 pm	12107	\$39.00
November 4 - 18	1:30 pm - 2:15 pm	12108	\$29.25
December 2 - 16	1:30 pm - 2:15 pm	12109	\$29.25

### Tiny Tots

Instruction begins with basic physical and mental adjustment to the water. Participants are taught basic safety and swim readiness skills using play as the primary form of teaching. This class does not teach children to be accomplished swimmers, but helps to develop a comfort level in the water and establish the basic building blocks for future instruction. Participants are 3 – 5 years old. 5 students per instructor.

Course	Time	Course	Session Price
<b><i>Monday, Wednesday, Friday</i></b>			
September 11 - 22	4:00 pm - 4:30 pm	12112	\$39.00
September 25 - October 6	4:00 pm - 4:30 pm	12113	\$39.00
<b><i>Saturday</i></b>			
September 9 - 30	12:45 pm - 1:15 pm	12117	\$26.00
October 7 - 28	12:45 pm - 1:15 pm	12118	\$26.00
November 4 - 18	12:45 pm - 1:15 pm	12119	\$19.50
December 2 - 16	12:45 pm - 1:15 pm	12120	\$19.50

## Water Babies

This Parent-Assisted program helps small children (6 months up to 3 years old) become accustomed to the water while in the familiar hands of mom or dad.

Course	Time	Course	Session Price
<b>Tuesday</b>			
September 5 - 26	5:00 pm - 5:30 pm	12122	\$26.00
<b>Saturday</b>			
September 9 - 30	12:00 pm - 12:30 pm	12124	\$26.00
October 7 - 28	12:00 pm - 12:30 pm	12125	\$26.00
November 4 - 18	12:00 pm - 12:30 pm	12126	\$19.50
December 2 - 16	12:00 pm - 12:30 pm	12127	\$19.50

## Water Fitness

Course	Time	Course	Session Price
<b>Monday, Wednesday, Friday</b>			Adult/Senior
September 11 - October 6	9:00 am - 10:00 am	12137	\$36/\$30
August 14 - September 8*	11:30 am - 12:30 pm	12139	\$33/\$27.50
September 11 - October 6	11:30 am - 12:30 pm	12140	\$36/\$30
<b>Tuesday &amp; Thursday</b>			Adult/Senior
September 12 - October 5	9:00 am - 10:00 am	12144	\$24/\$20
August 15 - September 7	11:30 am - 12:30 pm	12145	\$24/\$20
September 12 - October 5	11:30 am - 12:30 pm	12147	\$24/\$20

\*No Class Held September 4